

FLAS Session 6

Category: Tactical: Functional | Difficulty: Beginner



Am-Club: TSF Academy
Mark White, Young Member



Disney Game (15 mins)

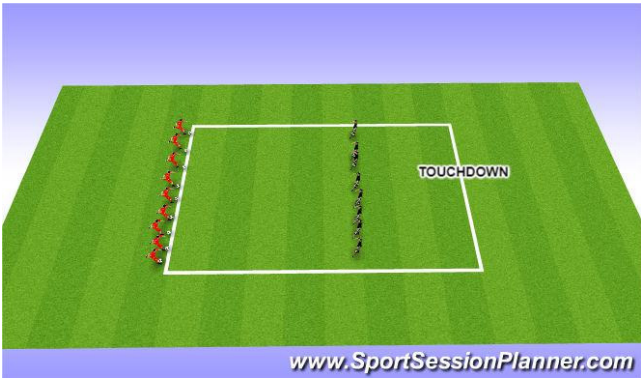
Tell the players they are starring in the new Disney Frozen movie. They are looking for the Disney Characters to help make the movie. Explain that each character is on a corner of the area. If Parents are available to assist, put one of each on a corner and have them be the character:

- Ana - can sing; make the players sing when they visit Ana
 - Elsa - has magical ice powers; make the players freeze
 - Prince Hans - he is a mean prince so have the players go "Booo" when they visit him
 - Kristoff - he is kind and helpful; have the players cheer "Hooray" when they visit him.
- Make sure they players have fun, and get them to be really loud!!!!



Cops & Robbers (15 mins)

The Bad Robber (Coach) has stolen all the gold (soccer balls) and money (pinnies/discs) from the town. The Police (players) have been called to capture the robber and get all the gold and money back. All soccer balls and pinnies/discs are in the middle of a circle. The Robber moves around the circle. The Police have to run into the circle and dribble a ball back to the TOWN without the Robber tagging them. After they get a ball they have to go back and get a pinnie or discs. Once all the items have been retrieved the Robber must go to JAIL! Give the items a value - for example, a pinnie = \$100; a disc = \$200; a soccer ball = \$1,000!



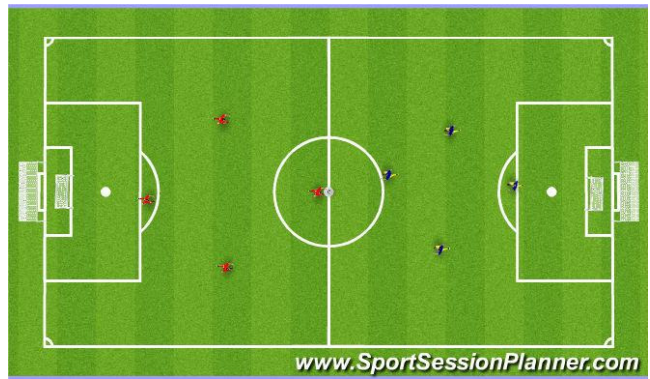
Soccer Super Bowl (15 mins)

Split group into two. First group (red) is at the end of the field with a ball each. Other group (black) is in the middle of the field/ Start with the RED group with the ball in their hands. Object is to run across to the other side of the area without the BLACK group tagging them. If RED are tagged they go back to the beginning. If they get across to the other side, they score a TOUCHDOWN and perform a TD Celebration. Then switch groups (BLACK try to score a touchdown)
PROGRESSION:
Make players DRIBBLE across without being tagged.



Don't Feed The Monkey (15 mins)

Set up a circle in the middle of the field. Inside the circle have 4 monkeys. On the outside have two groups - The Visitors (RED; with a ball each) and the Zoo Keepers (BLACK;). The object is for the Visitors to pass the ball to the Monkeys without going into the circle. The Zoo Keepers have to try and stop the ball going into the circle (without using their hands, or entering the circle). The Monkeys cannot step out of the circle. Play for 2 minutes and then switch players around.



Cat & Mouse Game (15 mins)

Coach is the Mouse. Players are the Cats. Players dribble inside the area and try to hit the Coaches ball with their ball - use passing techniques; not hitting the ball too hard.

PROGRESSION:

Have a couple of the players become Mice. Switch roles regularly. Lots of energy and enthusiasm!

Small-Sided Games (15 mins)

Small-Sided Game:

use Pug Goals or equivalent. Play 4v4 game with no GK.

By playing 4v4 you allow the players an opportunity to be involved in the game, get lots of touches on the ball and show creativity. Do not over coach in these games